



## **InfiniSynechis Volume 2, Issue 7, July 2020**

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*Welcome to the 7th issue, Volume 2, of **InfiniSynechis**, a publication of Fearless  
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### **Foundation News & Updates**

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*All Foundation News and Updates can be found on the foundation website*

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### **Conscious Living**

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*Why and how to practice Conscious Living  
by Mangalore M. Sirvotham, guest author\**

#### *Find purpose in life*

*The study of principles of conscious living has been a subject of great interest ever since humanity began to probe into the fundamental truth of daily life. The practical and esoteric explorations of this study by psychologists, philosophers, thinkers and social scientists have caused a massive shift in the way humans perceive one's self and life as a whole. The modern principles of conscious living, which is insightful and has real life applications, have a link with the ancient thought expounded by great sages and philosophers from time immemorial. All the studies and the practice of conscious living emanated from the basic urge of humans to be a better human being and finding purpose in life. It is a basic instinct to discover one's own authority and to awaken creativity.*

*I think therefore I am*

*Conscious living, fundamentally, is being aware of all aspects of your life and your awareness of yourself and the world around you in spite of life getting in the way, sometimes! French philosopher René Descartes, the first modern philosopher of the 17th century proposed the notion, “Cogito ergo sum” meaning, ‘I think, therefore I am’. He conceptualized our sense of self that when we think of our existence we are aware that there is someone to do the thinking.*

*What makes you conscious*

*It is only the humans who are endowed with power to think about one's own existence, pursue life with purpose and intent. They can practice humility, meditate, appreciate art and serve fellow human beings. Humans have the capability to have fantasies, memories and to perceive. They are able to put all the feelings, senses and thoughts in words. They have the capacity to love, to be aware of what they consume with all the senses and be aware of the effect it has on them. They have a moral sense of right and wrong through which to guide one's behavior, be virtuous and be proud of it. These are the ways which lead us to live consciously, to a life of positivity and harmony with nature.*

*Ancient thought on consciousness*

*Conscious living as Buddhism preaches is about taking control of life, making decisions after careful thought, simplifying your life, weeding out distraction, adopting kindness as a habit and mindset. Respecting and understanding one's self is the key to conscious living.*

*Confucius (1551BC -479 BC) preached, respect yourself and others will respect you, ask yourself constantly, what is the right thing to do.*

*Thiruvalluvar, a Tamil poet and philosopher, says consciousness is life. To have control over consciousness is the way to longevity and immortality. He says, even those who have all the knowledge attained by the five senses, will derive no benefit from it, if they are without a knowledge of the true nature of things.*

*Lao Tzu, a 6th century philosopher says, he who knows others is wise but he who knows himself is enlightened and to the mind that is still, the whole world surrenders.*

*If one wants to attain pure consciousness, it is necessary to have presence of mind and attentiveness to the present, and complete and non-judgmental awareness of the present moment. Humans always had the urge to evolve into higher forms with better grasp of the surroundings and nature of the universe. Conscious living is more than mindful living, though mindfulness is the basis of awakening. This leads to power of concentration and one receives insight into the true nature of things, leading to consciousness.*

*Thich Nhat Hanh, the great philosopher said, 'Everything is related to everything else'. This is the basis of conscious living, being aware of the interconnectedness of all things. He called it the concept of interbeing. One can simply practice conscious living by observing everything one does every day, looking deeply into those deeds and seeing into the true nature of all things.*

*Who am I*

*'Who am I'. Ramana Maharshi says, to know the answer to this question is the ultimate science and fulfillment which is the essence of human wisdom. All the philosophers and thinkers from time immemorial gave great importance to self knowledge, that is, knowing one's self. Discovering who you are is a process which continues till your last day. If one can give a definite answer from the heart, to the question, 'who are you', or 'are you the real you, you see in the mirror', he/she is on the path to get power to experience a sublime level of joy and fulfillment.*

*Know Yourself*

*Jiddu Krishnamurti, a spiritual leader(1895-1986) says, 'The question of whether or not there is God, truth, reality or whatever you like to call it, can never be answered by books, by priests, philosophers or saviors. Nobody and nothing can answer the question but you yourself. That is why you must know yourself.'*

*Apart from knowing one's self, one must have trust in self, which leads to*

*observing your actions and thoughts without being lost in the process. Once you know yourself, problems become easy to solve, as you will see the difference between solving the problem and approaching it with your own perspective which may alter the very existence of the problem.*

*To continue reading, please go to FHF Blogpost :*

*[An Insight into Conscious Living](#)*

*About the author:*

*Mangalore M. Sarvotham was born in Mangalore, India, now a world citizen. He is an ex-banker, lawyer, mentor and business owner. He has lived and visited many countries in Africa with Ghana as base, UK and the Middle East. He calls himself a people's person, in constant state of learning and having a great sense of humor.*

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## **Philanthropy**

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*Notable Philanthropists: In this and in every issue we give thanks to those who give freely, without strings attached.*

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## **Business Insights\***

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*Fundamentals of Being in Business*

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*Business Ideas: [The Value of Emotional Intelligence](#)*

*Harvard researcher says the most emotionally intelligent people have these 12 traits. Which do you have? by Daniel Goleman*

*What makes someone great at their job? Having knowledge, smarts and vision, to be sure. But what really distinguishes the world's most successful leaders is emotional intelligence — or the ability to identify and monitor emotions (of their own and of others).*

*Companies today are increasingly looking through the lens of emotional intelligence when hiring, promoting and developing their employees. Years of studies show that the more emotional intelligence someone has, the better their performance.*

*What most people fail to realize, though, is that mastering emotional intelligence doesn't come naturally. Tom, for example, considers himself an emotionally intelligent person. He's a well-liked manager who is kind, respectful, nice to be around and sensitive to the needs of others.*

*And yet, he often wonders, I have all the qualities of emotional intelligence, so why do I still feel stuck in my career?*

*This is a common trap: Tom is defining emotional intelligence too narrowly. By focusing on his sociability and likability, he loses sight of all other essential emotional intelligence traits he may be lacking — ones that can make him a stronger, more effective leader.*

*After spending 25 years writing books and fostering research on this topic, I've found that emotional intelligence is comprised of four domains. And nested within these domains are 12 core competencies.*

*The complete article can be found here*

#### *Business Perspectives*

*Due to the current pandemic, many businesses, particularly in the US, are closing their stores in the malls. Due to lockdown measures, the people cannot go to the malls resulting in loss of income for the store branches. This has the domino effect of the rents not being paid to the malls, and the malls getting closed.*

*Eventually the lockdown will be diminished and there will be a reopening, however the effect on the world economies is already here according the IMF*

*Reopening from the Great Lockdown: Uneven and Uncertain Recovery*

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#### *Commentary*

*What can we do? Just like everything else, this too, shall pass.*

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*\*Daniel Goleman is a psychologist and best-selling author of "Emotional Intelligence" and "Social Intelligence." His latest book is "What Makes a Leader: Why Emotional Intelligence Matters." Daniel received his PhD in psychology and personality development from Harvard University. His work has appeared in The New York Times and Harvard Business Review. Follow him on Twitter @DanielGolemanEI.*

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